

TIMES JOURNAL

Serving Albany - El Cerrito - Kensington - Thousand Oaks

ALBANY-EL CERRITO, CALIFORNIA WEDNESDAY, FEBRUARY 17, 1982

NO. 19

the end of
recycling
for free
in 2 cities

By ARLENE EAGAN
CERRITO — Increased
costs and depressed market
for newspapers and aluminum
force the city of El Cerrito to
discontinue free curbside pick-up of
recyclable materials in Kensington
on March 1.

City's E.C.ology Recycling
has made free weekly curbside
collections in these cities for the
past three years, but this service is
operating at a deficit.

Curbside collection report shows
of \$393.04 in Kensington and
\$1,100 in Albany during December,
there were 28.67 tons collected
in Kensington and 26.84 tons from

Albany. Assistant director of
recycling services in El Cerrito,
E.C.ology will continue curbside
collections in El Cerrito. E.C.ology will
offer curbside pick-up in Albany
if those cities pay for
costs of the service, plus a 25
percent charge for administrative
expenses.

Albany Recycling Committee
is investigating the issue, and will meet at
7 p.m. on Feb. 17 at 8 p.m. The
committee's report will be completed
March 1.

(Continued on Page 10)

pening day:
local color
at the track

By CHARLES BURRESS
ALBANY — The "smart money"
is, those who pore over racing
like IRS agents over tax re-
turns, had a collective attack of raised
rows at 4:38 p.m. last Tuesday.

30-to-1 shot had just won the
race on the first day of the new
at Golden Gate Fields. The
Dusty Trader, belonged to the
president's brother, Knute
Lee, who was suddenly richer by
\$600.

Of course, it's just a coincidence," mumbled one track veteran,
had just lost \$100 by betting on
favorite in the race, a 3-year-old
Angeles upstart named Jet Trav-

er, a long-time track handicapper
wasn't surprised.

If you ride the boss's horse in the
race on opening day, you
do a good job."

The jockey, 114-pound Danny
Perry, earned 10 percent of the
payouts. The horse got a new blank-

The guy who lost the hundred took
a stride. An off-duty policeman
looked to be in his 50s, he had
already picked three winners and was
more than \$1,000 ahead. Declining to
risk himself, he said, "Just call

(Continued on Page 17)



How much yarn will Regina Randolph need for her weaving?

200 years ago at Cornell

ALBANY — It may have been 1982 in the rest of town, but in Cornell School recently, it was more than 200 years earlier.

"Colonial Day" gave the fifth grade classes of Lois Breault and Joan Rector a chance to try out some of the things they'd been studying for the past seven weeks. They had read books, seen films, drawn pictures, built models of Colonial villages — now it was time for the real thing.

Everyone was dressed for the part, the girls in mob caps, the boys in Pilgrim collars.

Life in Colonial Cornell began with making bread and churning butter to go on it. The rest of the day was spent trying their hands at other old-time skills: making tin lanterns, making a Horn book (using quill pens and ink), making hex signs (a symbol of good luck), weaving, making yarn dolls, and dipping candles.

(Continued on Page 9)



In the photo at left, Jaya Gutierrez, left, and Richard Rios hope for good luck while they make hex signs. In the photo above, Patrick Brown tries out an old skill and dips a candle.



Times Journal photos
by Michael Russell

WANTED: One, big, cheap library

By ROBERTA ALEXANDER

ALBANY — The City Council and the Board of Education held a rare joint meeting last week to deal with the need for a larger library and the problem of vandalized public restrooms. The elected officials showed up but few members of the public did.

After county and city librarians made a presentation, there was general agreement that the library needs more room. The discussion focused on how to provide it, since the city cannot afford a major capital expense.

The question concerns both governmental bodies because the library building belongs to the city, but is located on school district land. A 99-year lease was signed in

1951.

Board member Robert Nehls wanted the librarians

on moving to another site, noting that the Solano

venue was "prime real estate."

"We've got a magnificent building here — the Veterans Building," City Council member Anne Rotramel said. The last time we asked about that building the vets said, by God, that's for veterans of past wars and veterans of future wars," she said. "Well, there won't be any veterans of future wars, so let's ask again."

There are many alternative plans under discussion:

the library to take over the city-owned building next door, now used by the adult school; to build a second story to build across the alley toward the school administration building; to bring in a developer to construct a combination office building/library; to sell the Solano Av-

move the library to another location.

(Continued on Page 4)

Election races heating up

By JEFF CHESTER

ALBANY — The filing deadline for the April 13 election saw Robert "Skip" Howie challenging incumbent City Attorney Robert Zweben and a field of five candidates vying for two city council seats.

Police Chief James Simmons, also up for re-election, will run unopposed.

Howie, an attorney with the Solano Avenue law firm of Foley, McIntosh & Foley, moved into the city at the end of January in order to qualify for the race. A former deputy district attorney in Contra Costa County, Howie emphasized, in his candidate's statement, that he would not charge the city "extra fees" for routine litigation services. He said, for example, that he would not have charged for representing the city for the recent Liquor Barn and Civil Service Board cases.

The city attorney's office 1981-82 budget is \$553,080 with \$26,374 in annual salary. The total budget includes \$9,000 to pay for a legal secretary, \$6,000 to cover court litigation and \$7,000 to cover hiring outside attorney's to handle litigation.

Howie stated that Zweben "created the impression when running for election that he would reduce the budget costs for his office." Howie said that the \$26,000 salary was sufficient payment for the position.

Zweben disputed his opponent's assertion about the high cost of litigation, saying that the city attorney's budget is a "very small" part of the city budget. Zweben called his opponent's claim that he would volunteer litigation services a "campaign gimmick which reveals his naivete about the city attorney's position."

Zweben said that had reduced the amount of litigation since he had handled the position in a "professional manner." He said that his record should help re-elect him to another four-year term.

Mayor William Lewis had announced earlier that he would not run for another term, leaving only City Council member Louis George run-

(Continued on Page 17)

50 years of service to needy

By ROBERTA ALEXANDER
EL CERRITO — When the Depression came to the Bay Area, many people were out of work and hungry. One group that tried to fill that big need will celebrate its 50th anniversary this month.

The golden anniversary luncheon of the Catholic Ladies Aid Society of St. John the Baptist Church will be held on Sunday, Feb. 21, at 12:30 p.m. at the Cerrito City Club, following an 11 a.m. mass at the church.

The local chapter, branch 67, began on Feb. 18, 1932; according to its constitution, "Its objects are the relief of the poor without regard to creed or nationality, and to the social, moral and intellectual improvement of its members."

Its 29 charter members were: Mary A. Kearns (president), Marie Allinio, Marion Brecko, Lucy Bresel, Irene Canonica, Mary Curtin, Marietta Charbeneau, Alison Emerine, Mary Foley, Ella Gallagher, Katherine Krummlein, Gladys Navallier, Rose Pircher, Ellen White, Mary Lenzen, Mary Hunter, Catherine McDermott, Haiden Hodapp, Mary Costin, Lena Eckmann, Nottie Gullar, Grace Sullivan, Eleanore Davis, Nellie Costello, Philomena O'Brien, Catherine Doyle, Pauline Gay, Odele Jackson and Katherine Esola.

The parent organization, located in the start, averaging 50 to 60 sick calls a month, as well as many calls for clothing, food and lodging. The branch also began its tradition of serving breakfast to children receiving First Holy Communion.

In 1938, the group instituted two other activities that have continued

(Continued on Page 17)

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Bernard Felt, Ph.D., Prof. of M.I.T., Editor, Bulletin of Atomic Scientists
Samuel Flitman, M.D., Prof. of Radiology, Harvard
Hans Gitter, M.D., Prof. of Community Medicine, City College of New York
Marvin Goldberger, Ph.D., President, California Institute of Technology
Howard Gorham, M.D., Prof. of Radiology, Harvard
Peter Joseph, M.D., President, San Francisco Chapter, R.S.R.
Gene R. Laffoon, Prof. of Radiology, Harvard
Howard L. Rabinowitz, M.D., Former Deputy Director Research, C.I.A.
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Radio therapy: jobs relationships, loneliness

By ROBERTA ALEXANDER

THOUSAND OAKS — Dr. Nadine Payn sometimes feels that she is spending all of her time listening to people's problems.

That's not so unusual, since she is a psychologist in practice at the Solano Center here in north Berkeley. But Payn also lends her therapeutic ears to thousands of Bay Area residents who tune into her weekend gig on KGO Radio: "Matters Psychological."

Payn, who's been a radio therapist for a year and a half, finds the experience exhilarating and exhausting.

"Here (at the center) I work in depth, and on the radio I reach a lot of people, so that provides a good balance," she said.

Payn is in her mid-30s — "I have a hang-up about my age," she said — and happy to combine her professional expertise with her love of media. She has, in fact, recently helped to form the Association for Media Psychology, an organization for on-the-air therapists concerned about the balance between psychology and entertainment.

"I started out wanting to be a journalist," she explained, saying that after she graduated from Brandeis University, she became a research assistant for CBS News in her native New York.

She soon realized that the route to success for women involved a lot of secretarial time, and she went on to graduate school in psychology, earning her Ph.D. at UC-Berkeley.

Her three-hour call-in show includes a number of features. Usually she chooses a topic — for example, fear of intimacy — and talks about it.

"I tell a clinical vignette and I ask if anyone in the audience had an experience either with someone who seemed to have a fear of intimacy, or perhaps themselves felt that way, and I ask them to call," she said.

She treats each call with utmost seriousness.

"It may be a practical joker or a psychotic, and I can't tell from a few moments conversation, I want the caller to feel better after we talk, not worse," she said.

She tries to accomplish this by suggesting alternatives that the caller may not have considered: a new way to look at a situation, a book on the subject, etc.

Part of each show is devoted to calls on miscellaneous subjects, and sometimes she brings in a guest, usually a psychologist with a specialty, such as alcoholism, and then invites calls on that subject.

Nuclear war film slated

ALBANY — "The Last Epidemic," a 36-minute film about the effects of nuclear war, will be shown free on Wednesday, Feb. 17, at 8 p.m. at Marin School, corner of Santa Fe and Marin.

Refreshments will be served and there will be a question and discussion period after the film.

Produced under the auspices of Physicians for Social Responsibility, the film combines medical testimony, documentary footage, graphic aids and scenes in Japan after the 1945 atomic bombings of Hiroshima and Nagasaki.

A concerned group of Albany citizens is now helping to circulate petitions that would place on the November ballot the Bi-lateral Nuclear Weapons Freeze Initiative. The measure, which will not have the force of law, would require Gov. Brown to tell President Reagan about the public's concern over the danger of a nuclear war between the U.S. and the Soviet Union, and would propose that both countries halt testing, production and deployment of such weapons, according to William Woolworth of the Albany citizens group.

He said to obtain petitions, help with the campaign or for further information, interested persons may call 524-702 or 525-5909.

New commissioners

EL CERRITO — The City Council has made appointments to seven of the city's commissions, leaving only one vacancy on theree Commission to be appointed.

Announced last week, the appointments include:

- Board of Appeals — Otto Palombo and Mike Hig (reappointed).
- Design Review Board — Kevin Stong.
- Environmental Quality Commission — Art Olsen and Ray Syputa (reappointed).
- Safety Commission — Carol Ballanti (transferred from Board of Appeals) and Victor Guyot (reappointed).
- Tree Commission — Virginia Jed.

Free vision tests offered

There will be a free vision screening for seniors on Feb. 19 at 9 a.m. at the North Berkeley Senior Center at the corner of Grove and Hearst.

The screening, which is sponsored by North Berkeley Senior Center Advisory Council and the Berkeley Lions Club, will be on a first-come-first served basis for those registered. Others will be tested if there are empty time slots. Call 644-6107 to register.

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— Photo by Vano Photography

Nadine Payn, radio therapist

"My most bizarre call came from a man who said that he had a sexual problem because of the malathion spraying, and he could only be turned on in the presence of fruit flies," she said.

Contrary to expectation, however, Payn said most of her calls do not deal with sex, but with relationships, loneliness or job-related issues. She is particularly pleased when her listeners are able to help each other, by talking about how they have coped with a similar situation or suggesting another resource.

One of Payn's own specialties is money; she and her colleague, Dr. Stephen Goldbart, are now writing a book tentatively titled "Love and Money." The two will offer a workshop on the subject on Friday, Feb. 19 from 6 to 10 p.m. at the Claremont Hotel in Berkeley. For registration information, call 525-5660.

"Money problems are one of the top three causes of divorce," Payn said. She thinks the problem is getting worse, both because of inflation and job layoffs, as well as because more women are working outside the home.

"There are power struggles around money; there's competition, resentment, guilt," she said.

She said that couples sometimes have problems when the woman earns more than the man; perhaps the man feels "unmanly" or the woman feels he isn't doing his share.

"If a couple decides to split their expenses 50-50, and he makes a lot more money than she does, what happens when they go on vacation or out to eat?"

Payn's answer to these kind of problems is to discuss the subject openly and to negotiate compromises. She believes it is important to discuss in a dating situation, as well as for couples who are married or living together.

"Money is like the last taboo," she said. "People can talk more easily about sex than they can about money."

Payn herself doesn't talk easily about money, saying only that her stint on the radio "doesn't bring in the kind of money people think. If I were on the radio full time, I would only make about \$50,000 a year. On TV you could earn \$200,000 a year, but I make about the same as I do for a clinical hour."

She said that she used to be intimidated by talk about money.

"No one ever mentioned in graduate school that if you're going to be a psychologist, you're going to be running a business. I was never sat down by my father for a talk on business," she said.

As a result, she is still learning about money and her attitude toward it, she said: "it's important to learn not to be afraid of money and its power."

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Abortion rights talk

The East Bay National Organization for Women (NOW) will discuss continuing attacks on abortion rights and actions to protect

rights on Feb. 17 at 7:30 p.m., at the North Berkeley Senior Citizens' Center.

Everyone is welcome to

attend. East Bay NOW meets the third Wednesday of each month. For more information, call 834-7897.

Let us know... If your school, club or church is having an event, tell us. Times Journal, 1247 Solano Ave. Albany 94706.

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Playground program opens

EL CERRITO — A playground program sponsored by the City of El Cerrito will be open on Saturdays from 11 a.m. to 4 p.m., February through June.

Park leaders will be at Fairmont, Harding, Poinsett,

Tessajara, Cerrito Vista, Arlington, Castro and Canyon TrailSchools. Parents are invited to visit and to bring preschoolers for the activities.

For more information, call 525-6748.

Whiting gets board post

SCHOOLS

(Continued from Page 1)

"I am mad that you are not discussing this issue said. "You won't address this because it is a political issue."

School board president Jean Tenret denied charge, and city officials said the use of that building one among several possibilities being considered. Administrator William Haden explained that Ballot Measure B, if passed, would permit the city to issue revenue bonds for industrial or commercial development.

The public restroom fracas during a dispute of the middle school park. Bud Rooney, head of the park and recreation department, told the officials the city was ready to install playground apparatus and lighting on the field.

"The light fixtures and wire were donated, as soon as we get light poles, we'll put it in," he said, claiming that both soccer and softball players would more use out of the field if it were lit at night.

The school district has restrooms at the playing but these are not open to the general public.

Rooney said, however, that at the present time, there are no plans to install restrooms, since there is no money to supervise the site and therefore the facility is to be vandalized. He said that vandalism had led to the closure of the bathrooms at Memorial Park.

Several people suggested that the group using park be made responsible for bathroom supervision. Rooney agreed that this would cut down on vandalism added, "The building itself attracts vandals."

"It's not good for the plants or ground cover to have a restroom," he went on. "Plants are killed by ball players who use the field at night."

Rabin expressed concern about the number of children who would be likely to use the middle school, and who would need a bathroom nearby. His league Jerry Brunetti pointed out the irony of building which will be well used: "if there is no restroom, vandalism will increase," he said.

The suggestion of a chemical toilet didn't win supporters, with several people noting that these subject to substantial vandalism.

"I used to tip them over when I was a kid," confessed.

Council member Bill Johns suggested getting school volunteers to staff the bathrooms at Memorial Park, but Superintendent Stephen Goldstone poohed the idea.

"It's going to be hard to get high school volunteers be bathroom monitors," he said.

Senior activist Catherine Webb supported the idea of student volunteers.

"This is a challenge to the community to devote core of labor. Those students should be treated with respect," she said.

Goldstone responded that he preferred to see students working in direct services, such as in hospitals or with the elderly.

"Don't call them 'bathroom monitors,' but ground supervisors," Johns said.

Webb suggested that students be encouraged to murals in order to cut down on graffiti. Rooney felt this was a temporary solution; "after a couple of years they'll be destroyed," he said.

He pointed out that city crews had on six occasions replaced the bricks in the barbecue pits built by American Legion.

For board member Peggy Thomsen, there was much point in setting up projects for students to volunteer for unless the adults were going to be out there with them alongside; "if that's what the community wants, then discuss it," she said.

"It's a sad state of affairs that everyone has to be because of the minuscule number who cause destruction," Nehls said, "And how to correct that small percentage don't know, any more than I know how to correct a small percentage at San Quentin."

"The schools can't do it all," Goldstone said, "We're hard-pressed to do our basic job, and cannot respond every need."

Rotramel wanted to know if there was a public problem with people urinating in the bushes. She asked for clarification: "are we worried about thuggish scribbled walls? Who cares about the walls if the public works?"

"The graffiti is a minor problem," Rooney said. "We're talking about people who drop a cherry down a porcelain commode."

"The publicly owned lavatories will be useless if we figure out how to stop them from stopping up the lets with toilet paper, gunny sacks and dead cats; and stealing the fixtures right off the walls," Haden said.

The problem, Brunetti said, was that by not having any restrooms, the wrong people were punished.

"Why don't parents stop kids from making a mess?" If a kid is caught and comes before the board parent says the kid didn't know what he was doing, the teacher was out to get him or he just happened to be playing with chemicals," Haden said.

Rooney said the existing restrooms were open during the summer when the play areas were supervised.

On a happier note, Rooney reported on plans to the state's Special Olympics to the Bay Area. This seems

(Continued on Page 10)

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Special events

Income tax help will be available every Monday and Friday, 1:30 p.m., until April. Bring 1980 tax return information for 1981.

Two new classes in February: Stretch Yoga, done to Tuesdays at 10 a.m.; and intermediate T'ai Chi for those with some experience, Wednesdays at 1:45 p.m.

Legal assistance for Alameda county residents, by appointment, Wednesday, Feb. 17, 10 a.m.

Blood pressure clinic, Monday, Feb. 22, 1-3:30 p.m. Senior housing town meeting, sponsored by Albany Council, at the center, Tuesday, Feb. 23, at 5 p.m.

Writing workshop: "Friends and Friendship," taught by Marcia Alcraica, for writers of all ages, Saturday, Feb. 25, from 10 a.m.-4 p.m.

Senior van service is expanding to include medical as well as shopping. Call the center for details.

Transportation

Call at least one day in advance for reservations for van shopping trips. Wednesday mornings: El Cerro Plaza. Friday mornings: Sojano Avenue. Requested price, 50 cents per round trip.

Persons confined to wheelchairs may purchase special transportation vouchers.

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El Cerrito 525-2251



Off any
large pizza!

\$1.00 off any 16" pizza. One coupon per pizza.
Fast, Free Delivery

3219 Adeline St.
Campus South Berkeley 652-8077
1421 Solano Ave.
Albany North Berkeley 526-9346

White Knight
RESTAURANT
&
Cocktail Lounge
3150 PIERCE STREET
NEXT TO BREUNERS BY ALBANY HILL 527-1725

A COMPLETE LINE OF HOF-BRAU FOOD. WE ALSO HAVE THE BEST STEAKS AND SEAFOOD IN THE BAY AREA SUCH AS

• N.Y. STEAK.....	\$6.50	• PRIME RIB.....	\$6.50
• TOP SIRLOIN.....	\$6.25	• SALMON STEAK.....	\$4.95
• DEEP FRIED PRAWNS...	\$4.95	• DEEP FRIED SCALLOPS	\$4.95
• FILLET OF SOLE.....	\$4.50	• AND A LOT MORE ...	
ABOVE INCLUDES SOUP OR SALAD, RICE, MASHED POTATOES OR FRENCH FRIES, VEGETABLE, BREAD AND BUTTER.			

Open Monday thru Saturday
From 11 a.m.-9 p.m.
Sunday From 3-8 p.m.

COMPLIMENTARY
GLASS OF
WINE OR BEER
WITH EVERY
DINNER
AFTER 5 P.M.
(ADULTS ONLY)

SENIOR
CITIZEN
and
CHILD PLATES
SERVED
ANYTIME
3.25

Alumni sought

"Golden Grads," alumni of San Jose State University from 50 years ago or more, is planning a week-long homecoming for the university's 125th anniversary celebration.

Spartan graduates from 1932 and earlier are eligible and should call the Alumnae House at (408) 277-3235.

Y college tours slated

ALBANY — The Berkeley-Albany YMCA is sponsoring two tours of Bay Area Colleges on March 18-20 and May 6-8.

The tour visits with representatives from California State University at Hayward, San Jose State, Stanford, San Francisco State, and University of California campuses at Berkeley, Davis and Santa Cruz.

The cost of the tour is \$135. Enrollment is limited to 10 participants per trip. For more information, call 525-1130 during business hours.

Meals on Wheels

Home-delivered meals are available for elderly disabled residents. The food is prepared at Alta Bates Albany Hospital and is delivered at midday by a volunteer driver. Regular, low-salt and diabetic meals are available.

(Continued on Page 6)

**Walker's
Pie Shop &
Restaurant**
BREAKFAST
LUNCH
DINNER
PIES
1491 Solano,
Albany
525-4647

Ringo
GIANT SIZE
(STOCK
UP)
So Crispy
...and oh,
how it pops!

KIKOMAN
GAL.

EGGS
SPECIAL BUY
OLIVERA
Large
Doz.

DRINK
CITRUS
PLUS
64-OZ.

TUNA
CHICKEN
OF THE
SEA
6.5-OZ.

Strictly political

Dinner for Riles

757 Pierce St., Albany.

Tickets are \$10 a person and may be obtained from the following people: Jean Tenret, Steve Goldstone, Kay Rabin, Jim Walker,

Jill Rosenquist, Peggy Thomens, Bob Shogren, Melinda Martin, Jon Frank, Muriel Wessels, Booker Jackson; or by calling 527-2449.

ORANGES
4 LBS \$1
NAVEL

APPLES
4 LBS \$1
RED DELICIOUS

CARROTS
2 LBS \$49
CLIP TOP
NEW CROP
LB.

WALNUTS
59¢
GOOD
OLD
FROZEN,
24-OZ.

COBBLER
1.49
HORMEL
12-OZ.

ICE CREAM
1.79
FOREMOST
VANILLA
1/2-GAL.

SPPAM
1.49
HORMEL
12-OZ.

NOODLES
6/\$1
RAMEN
3-OZ.

DRINK
99¢
CITRUS
PLUS
64-OZ.

TUNA
89¢
CHICKEN
OF THE
SEA
6.5-OZ.

**Cangelo's
MARKET**
10979 San Pablo Ave. WE RESERVE THE
El Cerrito 232-9869 RIGHT TO LIMIT
PRICES EFFECTIVE FROM
FEB. 17 thru FEB. 23, 1982

COFFEE
HILLS
BROS.
2-LB.
4.29

SHORTENING
CRISCO
3-LB.
2.55 VALUE
2.15

TISSUE
KLEENEX
FACIAL
200 CT.
69¢

DETERGENT
DOVE
LIQUID
22-OZ.
89¢

PEPSI
12-OZ.
6-PAK
1.49

DETERGENT
Ringo
GIANT SIZE
(STOCK
UP)
1.29

SOY SAUCE
KIKOMAN
GAL.
4.69

EGGS
SPECIAL BUY
OLIVERA
Large
Doz.
79¢

DRINK
CITRUS
PLUS
64-OZ.
99¢

TUNA
CHICKEN
OF THE
SEA
6.5-OZ.
89¢

JAY VEE SUPER LIQUOR DISCOUNTS

OLD CROW 1.75 Liter \$10.59
SEAGRAMS' 7 1.0 Liter \$6.99
VAT 69 1.0 Liter \$7.29
GORDON'S VODKA 1.0 Liter \$4.99
JOHN JAMESON 750 ML \$8.99
IRISH MIST 750 ML \$12.59

OLD GRAND DAD 1.75 Liters \$15.89
KAHLUA 1.0 Liter \$11.79
MYERS PLATINUM & Golden Rich 1.0 Liter \$9.79
CUTTY SARK 1.0 Liter \$11.89
SEAGRAMS' GIN 1.75 Liter \$10.29
E & J BRANDY 1.75 Liter \$12.59

FINE WINES & CHAMPAGNES
ALMADEN MT. WINES Burgundy, Chablis, Rhine, Nectar Rose, 3.0 Liters \$4.49
JACARE 750 ML \$1.79
LE DOMAINE CHAMPAGNE 750 ML \$2.99
CHRIST. BROS. WINES Burgundy, Chablis, Rose, Rhine, 1.5 Liters \$2.99
RIVERSIDE FARMS Dry Red, White, Rose 1.5 Liters \$3.29

TUBORG GOLD \$1.99
Glass
6 Pak 12-oz. Cans \$1.39

Prices Effective Feb. 17 thru Feb. 23, 1982
JAY VEE WINES & LIQUORS
BERKELEY 1316 University Ave.
Few Blocks East of San Pablo
ALBANY 759 San Pablo Ave.
Corner of Washington
EL CERRITO 10570 San Pablo Ave.
Jay Vee Center
EL SOBRANTE 3757 Dam Road
Fry's Shopping Center
PINOLE 2957 Pinole Valley Rd.
Across from Pinole High

Senior centers

(Continued from Page 5)

To order, please call the center at 644-8500 one week in advance. Leave name, address and phone number and coordinator Velma Grasso will call you back.

Bus tours

Schedule of trips for 1982 is now available.

Menus

The nutrition site meal is served at 4 p.m. Advance reservations are required. The suggested minimum donation is \$7.50 for seniors, \$3.50 for persons under age 60. Monthly menus are available.

EL CERRITO

Open House

Located at 6500 Stockton Ave., behind the library; 526-0124. Drop in lounge open weekdays from 9 a.m.-2 p.m. Lunch daily at noon. Closed Feb. 12 and 15.

Classes

Monday: T'ai Chi, 10 a.m.; bridge, 12:30-3 p.m.; be-

reavement counseling, 2 to 4 p.m.; fun night (second Monday of every month), 6-9 p.m.

Tuesday: fitness, 9:30 and 10:15 a.m.

Wednesday: mild exercise, 9:30-11 a.m., needlework, 10:30 a.m. to noon, knitting, 12:30-1:30 p.m., whist, 1-3 p.m.

Thursday: fitness, 9:30 and 10:15 a.m.; information & referral, 10-1 p.m.

Friday: fitness, 9:30 a.m.; barber 9 to noon; darts, 9 a.m. to noon; bingo, 12:30 p.m.; birthday surprise, fourth Friday, 12:30 p.m.

Special events

Tuesday, law class, 2 to 4 p.m. Feb. 23, probate.

Wednesday, Feb. 17, bread making, 9 a.m. to noon

Wednesday, Feb. 24, cooking for men only, 1-3 p.m.

Wednesday, Feb. 24, public health nurse, noon

Thursday, Feb. 25, podiatrist, 9 a.m. to noon, appointment necessary, \$2 fee

Friday, Feb. 19, Social Security representative,

noon.

Christ Lutheran

Mondays, 9 a.m.-2 p.m. at 780 Ashbury Ave. at Stockton.

Craft classes (pressed flower stationery, macrame, jewelry, weaving) are taught in the morning. \$50 lunch at noon. Afternoon program of information, speakers, community singing, sit-down exercises and folk dancing.

The program is co-sponsored by the Richmond Unified School Adult Education program.

On Feb. 22, February birthdays will be honored at lunch. There will be a speaker from Herrick Hospital and a free skin screening for members at 1:45 p.m.

St. John's Center

For El Cerrito residents 60 or over. Meets in the Catacombs Building, 6510 Gladys St., Tuesdays from 9 a.m.-2 p.m. Phone Tuesday only, 234-2797 or center director N. Gans at 529-1114.

The Center is part of the Richmond Unified Adult Education program, and trained volunteers teach classes in ceramics, jewelry, tin and glass, knitting and crocheting, watercolor painting and cards and table decorations.

On Feb. 23, February birthdays will be honored at lunch. There will be a speaker from Herrick Hospital and a free skin screening for members at 1:45 p.m.

The program is co-sponsored by the Richmond Unified School Adult Education program.

On Feb. 22, February birthdays will be honored at lunch. There will be a speaker from Herrick Hospital and a free skin screening for members at 1:45 p.m.

For information call 525-6747.

Senior Citizens Club

Meets Thursday, 5-9 p.m. at St. John's Center.

(Continued on Page 7)

Clubs

ALBANY

Band Boosters: A Band Boosters business meeting will be held Monday, Feb. 22, at the Middle School library. The "spaghetti symphony" will be evaluated, and future plans made.

Eastern Star: Albany Chapter 550 OES will honor appointive officers on Friday, Feb. 19, at 8 p.m. in El Cerrito Masonic Temple, 6922 Stockton. Mary Roy, worthy matron, and George Roy, worthy patron, will preside. Visitors are welcome.

Scandinavian club: Framat Lodge, Vasa Order of America, meets once a month at the Albany Temple, 533 San Pablo Ave. Activities include dinners, cultural events, dances. For more information, call 527-3134.

Bridge club: The club meets at noon on Mondays and Thursdays at the University Village Community Center, 1123 8th St. For more information, call 232-6689.

Albany Lions: Albany Lions Club meets Thursdays at 7 p.m. at Kirby's in El Cerrito Plaza.

Albany Rotary: Albany Rotary Club meets Tuesday at 12:30 p.m. at Spenger's Fish Grotto in Berkely.

Soroptimists: Soroptimist International of Albany meets Wednesdays at 12:15 p.m. at Kirby's in El Cerrito Plaza.

On Feb. 17, there will be a fundraising roundtable and club education meeting.

Toastmistresses: The USDA Toastmistress Club meets the first and third Wednesday of each month at noon in the third floor conference room at the U.S. Department of Agriculture, 800 Buchanan St., Albany.

Visitors are invited to call Rita Millard or Brenda Sweeney at 486-3736.

Toasters: This organization of men and women who wish to improve their speaking, listening and leadership skills has five clubs in the Albany area. For information, call Mike Meagher at 848-5451.

Scrabble: Albany Scrabble Players Club No. 41 meets each Sunday at 12:45 p.m. at 605 Carmel Ave. Call 526-8675 for reservations.

EL CERRITO

Kiwanis: The Albany-El Cerrito Kiwanis meets Tuesday at 7:30 a.m. at Carrow's Restaurant, 6120 Potrero Ave., El Cerrito.

El Cerrito Rotary: El Cerrito Rotary meets Thursday at 12:15 p.m. at Cerrito City Club, 1600 Kearney.

El Cerrito Lions: The El Cerrito Lions Club meets Tuesday evenings at 6:30 p.m. at the Cerrito City Club, 1600 Kearney.

Bridge club: The Community Bridge Club meets Mondays at 7:30 p.m., Tuesdays at 11 a.m. and homestyle bridge at 7:30 p.m. on Fridays at El Cerrito Community Center, 7007 Moeser Lane. For information call 232-6689.

Salt Water Revival: The El Cerrito Salt Water Revival Skin and Scuba Diving Club meets on the first Wednesday of the month at 8 p.m. at Harding Park clubhouse, 7115 C St. For information call 525-6229.

Catholic Ladies Aid: The 50th anniversary of St. John the Baptist Catholic Ladies Aid Society Branch 67 will be celebrated Sunday, Feb. 21, with an 11 a.m. Mass at the church, 11150 San Pablo Ave., El Cerrito, and a 12:30 luncheon at Cerrito City Club, Potrero & Kearney, El Cerrito.

Luncheon donation of \$5.50 should be sent to Hazel Cosgriff, 6110 Sacramento Ave., Richmond 94804. Call Hazel at 525-4075, Mary McElheron at 525-3289 or Marcella (Continued on Page 7)



FIGHT INFLATION

SHOP SAFEWAY

Boneless Beef Roast Sale

Cross Rib, Rump or Tip, Safeway Quality Beef

\$1.99
lb.

TURKEY BONANZA!

Riverside Broth Basted Turkeys. **69¢**
Hen or Tom, Frozen, USDA Grade A, 10 to 16 lbs.

Manor House Natural Turkeys. **73¢**
Hen or Tom, Frozen, USDA Grade A

Armour Golden Star Turkeys. **79¢**
Butter Basted, All Sizes, Frozen, USDA Grade A

Ground Turkey Meat. **99¢**
Frozen Fresh Thawed

Louis Rich Turkey Breasts. **2.98**
Barbecue, Smoked or Oven Roasted

Jumbo Turkey Bologna. **99¢**
Manor House

Butter Basted Boneless Turkey. **1.69**
Armour Golden Star, Frozen, USDA Grade A

Manor House Turkey Ham. **1.69**
lb.

Manor House Turkey Franks. **59¢**
12-oz. can

LIQUOR, WINE & BEER

10% CASE DISCOUNT on Wines & Liquors, selected advertised special excluded!
No sales in excess of 20 gallons. No sales for resale. All licensed Safeway Stores only.

Gordon's Vodka. **800**
80 Proof, 1.75 liter
\$8.00

E & J Brandy. **4.99**
80 Proof, 750 ml.
\$4.99

Weibel White. **2 for 5**
Zinfandel, .75 liter
2 for 5

Taylor California. **3.49**
Cellars Light Wines, Chardonnay, Rhine or Rose, 1.5 liter. (New at Safeway)
Special Introductory Price

Old Milwaukee. **2.99**
Beer, 12 Pack, 12 oz. cans
2.99

George Killians. **2 for 5**
Irish Red Ale, 6-11 oz. bottles
2 for 5

DAIRY FAVORITES

Chiffon Margarine. **69¢**
2-8 oz. tubs

Nonfat Milk. **1.49**
Luzerne, Gallon
Cottage Cheese. **79¢**
Luzerne, 16 oz. (32 oz., \$1.57)

BREAD-WINNERS

Premium Bread. **59¢**
Safeway, 1/2 lb.
59¢

100% Wheat. **69¢**
Mrs. Wright's, 1 lb.
69¢

There's A
SAFEWAY
Near You!



Boneless Top Sirloin Steak
or London Broil, Beef Round, Safeway Quality Beef

\$2.98
lb.



Fryer Parts
Drumsticks or
Thighs, Manor House
(Wings, lb. 75¢) (Breasts, lb. \$1.39)

99¢
lb.



Pork Spareribs
Small Sides
Frozen Fresh Thawed

1.28
lb.

Boneless Chuck Roast
Under Blade, Safeway Quality Beef
Boneless Beef for Stew
Safeway Quality Beef
Blade Chuck Steak
or Roast, Safeway Quality Beef
7-Bone Chuck Roast
Safeway Quality Beef
Top Round Steak
Safeway Quality Beef

\$1.99
Under Blade, Safeway Quality Beef
\$2.19
Boneless, Fresh, USDA Choice
\$1.38
Blade Chuck Steak
or Roast, Safeway Quality Beef
\$1.59
7-Bone Chuck Roast
Safeway Quality Beef
\$2.89
Top Round Steak
Safeway Quality Beef

\$2.99
Lamb Shoulder Roast
Fresh, Sliced & Tied, USDA Choice
\$2.48
Lamb Round Bone Chops
Fresh, USDA Choice
\$2.28
Shoulder Blade Lamb
Chops, Fresh, USDA Choice
\$2.18
Fresh Leg of Lamb
USDA Choice
\$3.29
Fresh Lamb Rib Chops
USDA Choice

Pork Sausage Links
Farmer John or Safeway, Frozen
Pork Tenderloins
Boneless, Fresh, USDA Choice
Sliced Pork Liver
Frozen Fresh Thawed
Pork Sausage Rolls
Farmer John or Safeway, Frozen
Swift's Brown n' Serve
Sausage, Variety, Frozen

.59
Pork Sausage Links
Farmer John or Safeway, Frozen
\$2.39
Pork Tenderloins
Boneless, Fresh, USDA Choice
.98
Sliced Pork Liver
Frozen Fresh Thawed
.99
Pork Sausage Rolls
Farmer John or Safeway, Frozen
\$1.25
Swift's Brown n' Serve
Sausage, Variety, Frozen

.79
Braunschweiger Stick
Farmer John or Safeway, Frozen
\$1.59
Meat or Beef Franks
Farmer John or Safeway, Frozen
.99
Scotch Buy Bologna
Farmer John or Safeway, Frozen
.99
Galileo Sliced Salami
Farmer John or Safeway, Frozen
\$1.99
Smoked A-Roma Sausage
Farmer John or Safeway, Frozen

Orange Juice. **77¢**
Scotch Buy, 12 oz.

2.79

Pepperidge Farm. **1.69**
Layer Cakes, 17 Ounce

3 for 89¢

Elena Burritos. **5 Ounce**

1.69

STOUFFER'S LEAN CUISINE

Fish Florentine

9 Ounce
2.39

Lasagna

11 Ounce
1.69

Chicken, Vegetables & Rice

8.5 Ounce
2.79

Spaghetti in Beef Sauce

11.5 Ounce
1.69

Items and prices in this ad are available February 17, 1982, thru February 23, 1982, at all Safeway Stores listed below. Sales in retail quantities only.

Berkeley
• 2020 Oregon Street
• 1444 Shattuck Place

San Pablo
• 13222 San Pablo Avenue
• 100 El Portal Center

El Cerrito
• 10636 San Pablo Avenue
Richmond
• 4925 MacDonald Avenue

Albany
• 1500 Solano Avenue
(B) Safeway Bakery Dept.
(L) Safeway Liquor Dept.

Rodeo
(B) (L) 605 Parker
(L) Safeway Liquor Dept.

(Continued on Page 7)

SENIOR CENTERS

(Continued from Page 6)

Glads and Lexington Streets. First Thursday of the month: business and cards; second; bingo; third, birthday observances; fourth, potluck; fifth, special programs. For information: 526-2.

ura-Kai Center

For Japanese-speaking senior citizens, first and third Thursdays, 1-3 p.m. at 6510 Stockton St. Arts, crafts, exercises, ceramics, "Shigin" (poetry singing) and Social Security available. For information: William Waki, 525-6.

KENSINGTON

Activity center, Thursday, 9 a.m.-2:30 p.m. at 5210thngton Ave. Morning meditation. Workshops in crafts, le games and bridge. Special programs after lunch: gning, bridge, clothing alteration class.

First Thursday, potluck lunch. Donate a food item or \$1.50. For the rest of the month, lunch of sandwich, ice and coffee is \$75.

Howard Boyd will offer a series of four beginning bridge lessons, beginning Feb. 11, at 1 p.m. Call to preregister (526-9146).

Center participants will tour the Chevron Refinery in Richmond on Feb. 11. Bus seating is limited.

EAST BAY

Jewish Family Circle

This group of "Yiddishkeit" elders meets every Wednesday at the North Berkeley Senior Center from 10 a.m. to 11:45 a.m.

Group activities include singing Yiddish songs, reading poetry, and discussion. Lunch is available for 75 cents.

North Berkeley Center

Located at 1901 Hearst St., Berkeley, 644-6107. Sponsors a wide variety of classes on yoga, music, history, language, bingo, arts and crafts, dancing and other subjects.

Card and game rooms open 8 a.m. to 4:30 p.m.

(Continued from Page 6)

Howard Boyd will offer a series of four beginning bridge lessons, beginning Feb. 11, at 1 p.m. Call to preregister (526-9146).

Center participants will tour the Chevron Refinery in Richmond on Feb. 11. Bus seating is limited.

Members and past presidents and moderators who have served the branch since it was organized Feb. 18, 1932 have been invited, as have neighboring branches and the state office in Oakland.

The branch has served the needy and the parish since its founding.

Native Daughters

Gloria Pavon, president, will preside at the next business meeting of Cerrito

de Oro Parlor 306, Native Daughters of the Golden West, on Wednesday, Feb. 17, at 8 p.m. at St. John's Hall, 6712 Portola Drive, El Cerrito.

A Valentine's Party will follow meeting. Chairing the evening are Ethel Murphy and Virginia Stanford. Parlor is sponsoring a trip to Reno on Mar. 24. For reservations contact Jennie Agresta, 525-6259.

KENSINGTON

Quilters: East Bay Heritage Quilters meet the last Monday of the month at

7:30 p.m. at First Unitarian Church of Berkeley. Drop-in quilting workshop meets the first Tuesday of the month at St. Jerome's Church in El Cerrito, 10 a.m. to 3 p.m. or 6:30 to 9:30 p.m.

For membership information drop a card to Box 6223, Albany 94706.

Singles: The Singles Club of the First Unitarian Church schedules many activities, including yoga, singalongs, dinners, dances, work parties and theatre parties. For information, call 526-3601.

Arlington Women: "Barvara and the Alps" will be featured in a slide show by Marian Martin at the Feb. 19 meeting of the armchair travel section of the Arlington Women's Club at 11 a.m. in the Arlington Community Church. Hostesses will be Mmes. Cassidy, Theile and Spealman.

At 1 p.m. that day, A. Richard Robertson, director of corporate communications for KQED, will speak to the book and world affairs section of the "Dynamics of Public Broadcasting." Hostesses will be Mmes. Leinback, Morrison and Beckett.

THOUSAND OAKS
Overeaters Anonymous: Meets every Monday night at 7:30 p.m. at Northbrae Community Church, upstairs in the 4th-5th grade room. No dues, fees or weigh-ins. For further information call 569-1374 and leave a message.

TOPS: Take Off Pounds Sensibly (TOPS) 539 holds a weigh-in Monday mornings from 9:30 to 10:30 a.m. at Northbrae Community Church. A speaker or a time follow.

Northbrae Women: The allied arts section of Northbrae Woman's Club will meet at 10:30 a.m. on Wednesday, Feb. 17, at Hillside Clubhouse. Mrs. L.K. Wood will present a showing of Valentino's "Son of the Sheik." Bring a bag lunch; the hospitality committee will serve dessert and beverage. Kenneth Kinney will show slides of Raifair 81 in old Sacramento.

EAST BAY
Accountants: The Oakland-East Bay Chapter of the National Association of Accountants holds its general membership meeting the fourth Thursday of the month at Spenger's at 6 p.m.

There will be a joint meeting with the Alameda County-south chapter on Thursday, Feb. 18, at 6 p.m. at the Blue Dolphin Restaurant in San Leandro. The topic will be "the management accountant's weakest link."

Guests are welcome. For reservations, call Donald Glenn at 658-7722.

Singletarians: The Singletarians, a social club for single adults, 40 and older, affiliated with the Berkeley Fellowship of Unitarians, welcomes all singles to its events, including parties, discussions, restaurant excursions, potlucks, etc. For details, call in the evening 832-3786 or 655-6412.

Bingo: Saturday night bingo at St. Cornelius Auditorium, 201-28th St., Richmond. Doors open 6 p.m.; games 7:15.

Northside Singles: The Northside Christian Singles Fellowship meets Sunday evenings at 7:30 p.m. at the church, 2138 Cedar St., Berkeley. Single people under 35 are invited to participate.

High 12: The Albany Berkeley High Twelve Club No. 8 will meet on Feb. 22 at noon at Kirby's in El Cerrito Plaza.

This is "Ladies Day," Speaker will be Dr. Gaylord F. Whitlock, and his topic, "The Care and Feeding of Hi-12."

Writers club: Gaird Wallig, author of "A Red-Tailed Hawk Named Bucket," will speak at the Feb. 19 meeting of the California Writers' Club. For reservations to 8 p.m. on Monday, Feb. 22, at a member's home in Oakland. For more information call 893-5995.

Violet Society: The African Violet Society of the East Bay will meet on Wednesday, Feb. 17, at 11:30 a.m. at the Lakeside Park Garden Center in Oakland.

Refreshments will be served following the business meeting, led by new president Louis Ambler. Culture discussion, led by Jim Dekorne, on "Wicking and repotting."

Guest speaker will be Don Thornburg, on "How I Grow African Violets." Past presidents will be introduced. Guests are welcome, and new members receive a violet plant.

Classified pays.
TIMES JOURNAL
525-2644

SAVE AT SAFeway!



Fresh
Bunch Spinach

How About a
Spinach Salad Tonight?
3 \$1
bu.



California
Navel Oranges

Sweet & Juicy
3 \$1
lbs.



Clip Top
Carrots

Firm & Fresh
3 \$1
lbs.

Avocados

California Grown,
Extra Large Size

3 for 89¢

Russet Potatoes U.S. #1	5-lb. Bag	98¢	Mineola Tangelos Delicious Citrus Treat	lb.	39¢
Green Cabbage Delicious with Safeway Corned Beef	lb.	29¢	Centennial Yams U.S. #1	lb.	49¢
Radishes Bunch		3 for 1	Green Onions Great in Salads	3 for 1	3 for 1
Cilantro Chinese Parsley	bu.	19¢	Lemons Tangy, Golden, Ripe	2 for 29¢	2 for 29¢
Rhubarb Hot House	lb.	99¢	Sesame Sticks	lb.	\$1.47

Seedless Raisins

Town House, Try some excellent
Seedless Raisins sprinkled over
Safeway Corn Flakes Topped with
Lucerne Milk. **\$1.69**
15 oz.

VARIETY-SAVINGS	Scope	Pepsodent
30¢ Saver	Mouthwash, 30¢ Off Label, 18 oz.	Toothpaste, 30¢ Off Label, 18 oz. \$1.69 Save 40¢ each Lever Bros.
		Save 40¢ each Lever Bros.

\$1.45 **79¢**

Gillette

Disposable Swivel
Razor, 2 Count

59¢ **\$1.99**

Barnes-Hind

Wetting
Solution, 2 oz.

59¢ **\$1.99**

Super Cricket

Disposable Lighter, each

85¢ **\$1.99**

Prell Shampoo

Concentrate, 7 oz. or Liquid, 16 oz.

59¢ **\$1.99**

G.E. Light Bulbs

60, 75 or 100 Watt, 4 Pack (3 Way
Globe, each, \$1.49) (Clear Nite Light
Bulb, 2 Pack, 99¢) (Stove or Refrig-
erator Lamp, 40 Watt, each, 79¢)

59¢ **\$1.99**

New Freedom Maxi Pads

30 Count **\$3.07**

6 Ounces **\$2.59**

1 Quart Open Sauce Pan, each
(7 Piece Set or 5 Piece Set, ea., \$29.99) **\$4.99**

National Brand Favorites

Charmin Bath Tissue

6 Roll **\$1.59**

Heinz Ketchup

24 oz. **99¢**

Bath Soap

4.5 oz., ea., 20¢ OFF LABEL **69¢**

MJB Rice Mixes

6 oz. **2.51**

Coke, Tab, (Cragmont Soft Drinks, 6-12 oz. Cans, \$1.29)

1.59

Hills Bros.

Coffee, 2 Pounds **3.95**

Fabric Softener, 64 Ounces **2.19**

Hydrox Cookies or Vienna Fingers, 15 oz. **1.19**

Macaroni & Cheese

Town House, 7.25 Ounces **3.51**

Saran Wrap

100 Feet **\$1.69**

PIE & ICE CREAM FAVORITES			
Natural Juice Apple Pie		Homestyle Ice Cream	
	\$2.49		\$1.99
Gourmet Apple Pie		Dreyer's Ice Cream	
	\$2.49		\$3.49

Items and prices in this ad are available February 17, 1982, thru February 23, 1982, at all Safeway Stores listed on the other page.

Today's Safeway. Where you get a little bit more.

SAFeway

Churches

ALBANY

Albany United Methodist Church

On Feb. 21 services will be held at 11 a.m. The Rev. Dr. Peter Ahn will speak on "Dynamic Faith," based on II Kings 2:1-12. Velma Dowling will be worship leader. Church school meets each Sunday at 10 a.m.

On Tuesday the adult Bible study group will meet at 11 a.m. On Tuesday and Thursday the toddlers' play group meets 9:30-11:30. Quilters meet Wednesday 9:30-3.

The church is located at 980 Stannage Ave., Albany.

St. Alban's Episcopal Church

On Wednesday, Feb. 17, the Rev. Warren Debenham will conduct a service of Holy Communion and the laying on of hands.

On Feb. 21, the seventh Sunday after Epiphany, Rev. Debenham will preach. He also will celebrate Holy Com-

munions, assisted by the Rev. Russ Moore and Nabil Jacob, lay reader. The offertory anthem, sung in duet by Hertha Hintz and Delores Plumb, will be "The Lord is My Shepherd." Usheers will be Stan Gardner and Nabil Baky.

At 4 p.m., the church will join with other Bay Area parishes to celebrate the installation of the Rev. Patrick Maitrejean as vicar of Christ the Lord in Pinole.

The last social event before Lent will be the Shrove Tuesday pancake supper on Tuesday, Feb. 23, at 6:30 p.m. There will be a pancake race and an announcement of winners. The supper will be sponsored and prepared by the men's club.

The church is located at 1501 Washington Ave., Albany.

EL CERRITO

Bay Area Seventh Day Baptist Church

The church and its pastor, the Rev. Stephan

Saunders, invites the public to attend services every Saturday in the chapel of the Methodist church at 6830 Stockton Ave., El Cerrito. Service, 10:30 a.m.; Sabbath school, 11:40 a.m.

A potluck lunch is held every Sabbath immediately following Sabbath school. All are invited to bring a dish to pass.

The home Bible study group meets every Thursday at 7:30 p.m. in a convenient location in El Cerrito at a member's home. The public is invited. For more information, call 527-2055.

"Word of Truth" programs on radio station KEST(1450 AM) are sponsored by the church and can be heard at 6 a.m. on Tuesdays and Thursdays.

KENSINGTON

Arlington Community Church

Charlotte Asher, a San Francisco Theological Seminary intern, will be the pulpit guest on Feb. 21, speaking on "Miriam" at the 10 a.m. worship. She also is the junior high fellowship advisor at the church.

An offertory solo, "O Had I Judah's Lyre," will be sung by Margaret Tolberg. Sunday school classes are held during the worship hour and child care is available.

Wednesday worship, held at 6:45 p.m. and led by Linda McFadden, is preceded by a potluck supper. All are welcome.

The church is located at 52 Arlington Ave., Kensington. Call 526-9146.

THOUSAND OAKS

Epworth United Methodist Church

On Sunday, Feb. 21, the church will observe Human Relations Sunday with a sermon on "Peace-making." John Jeffrey, youth minister and student at the Pacific School of Religion. The litany for the service was written by the adult study group on "peace-making" led by Jeffrey. The regular children's story will be celebrated in service, followed by a craft-story time for ages 3-11. Care is always provided.

After the service, a brief fellowship and coffee time is held. The special adult class at 11:15 a.m. will be "Role of the United Nations in Global Peace-making" by Frank Stark, a well-known Oakland lawyer and member of the World Conference on Religion and Peace.

Sunday at 7 p.m., the final meeting of the study group

(Continued on Page 12)

Police beat

ALBANY

Albany Police made 21 arrests between Feb. 8 and 12, including:

Raymond Young, 20, of Berkeley, arrested Feb. 9 for petty theft.

Christopher Lewis, 24, San Pablo, arrested Feb. 10 for burglary.

Donnie Ray Stuart, Richmond, arrested Feb. 11 for gambling.

Kurt Kuehl, 20, of Hayward, arrested Feb. 11 for assault.

Crime reported in Albany between Feb. 8 and Feb. 11 included three thefts, six petty thefts, two auto burglaries, one credit card forgery, and one armed robbery.

EL CERRITO

Do to the holiday, crime statistics from El Cerrito were unavailable.

Albany sets classes

ALBANY — The Albany Parks and Recreation Department, 1000 San Pablo Ave., has scheduled various classes of interest for all ages.

Classes in baton-dance, and pom-pom are available through the Albany Park and Recreation Department. Fee for the eight week class is \$16.

Basic cartooning will also be available for a six week session on Wednesdays, from 3:30 p.m. to 5 p.m. Fee for the class is \$16.50 plus a nominal fee for materials.

For further information call 644-8514.

Art show judges

EL CERRITO — Karen Kasten, of the UC-Berkeley Art Department, and Charlotte Panton, of the Oakland Art Association, will judge the El Cerrito Annual Art Show.

The show will be March 19, 20 and 21 at the Community Center, 7007 Moeser Lane, El Cerrito, and is sponsored by the El Cerrito Art Association and the Department of Community Services.

Deadline for entries is Feb. 26. For further information, call Elsie Perona at 529-1881.

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TIMES JOURNAL
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Now At Safeway . . . Super Values On
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Bath Towel
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Each \$4.99
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Each \$1.79

Van Camp's Pork and Beans 16 oz. **47¢**

Libby's Tomato Juice 46 oz. **79¢**

S & W Colombian Coffee 1 lb. **\$2.79**

Bertolli Olive Oil 17 oz. **\$2.79**

Chef Boy-ar-dee Spaghetti with Meatballs or Beefaroni, 15 oz. **85¢**

Duraflame Logs Giant Size, 6 Pack **\$1.29**

Denorex Shampoo
with Conditioner, 4 oz. **\$2.25**

Preference Hair Color
Assorted, Kit, each **\$3.35**

Johnson's Dental Floss 200 yards **\$3.07**

Visine Eye Drops 1 oz. **\$2.59**



The Complete Laundry Product

Bounce

Fabric Softener Sheets, 40 ct. **\$2.29**

Soft Soap

Liquid, 10.5 oz. **\$1.29**

Fantastik® All Purpose Spray Cleaner 22 oz. **\$1.39**

Scotch-Brite® Brand Scrub Sponge **.99¢**

MEOW MIX® Brand Cat Food 3.5 oz. **\$2.79**

CoTylenol® Cold Capsules 20 ct. **\$2.29**

Fluorogard™ Dental Rinse 16 oz. **\$2.45**

Bumble Bee Tuna, 6.5 oz. **92¢**

IT'S COLD SEASON!

Vicks NyQuil Cold Medicine, 10 oz. **\$3.89**

Headway Tablets 40 ct. **\$3.59**

Sinex Nasal Spray Long Lasting Decongestant, .5 oz. **\$1.95**

Necta Sweet

1/4 Grain, 500 ct. **109¢**

(1/4 Grain, 1000 ct., \$1.59)

(1/2 Grain, 500 ct., \$1.39)

Pillsbury Cinnamon Rolls With Icing

Refrigerated, 9.5 ounce **99¢**

Pillsbury Crescent Dinner Rolls

Refrigerated, 8 ounce **95¢**

Hungry Jack Biscuits

Buttermilk or Flaky, Refrigerated, 10 oz.

Summer's Eve Disposable Douche, 4.5 ounce Twin Pack **125¢**

Modess Super Sure & Natural 24 ct. **285¢**

New Freedom Mini Pantiliners, 30 ct. **225¢**

New Freedom Anyday Pantiliners, 30 ct. **199¢**

Hartz 2 in 1 Plus Reflecting Collar

5 Months Flea & Tick Protection, Night-time Safety. For Large Dogs, Each **349¢**

Melitta Coffee Filters 40 ct. **175¢**

2000 Flushes 14 oz. **189¢**

SAFEWAY

University Village is worried about crime

By TINA LAM

ALBANY — Residents of University Village, a mar-
student housing complex here owned by UC-Berke-
ley, are being asked to consider a \$3 rent increase to hire a
security guard to patrol the area at night.

Dorothy Peralta, a resident assistant at the Village,
the idea for hiring a guard was hers. "I'm not sure
how much crime there is in the Village," Peralta said. "I
think it's because of my job. It's probably average compared
to the rest of Albany, but we are close to areas that would
have crime."

One woman moved out of the Village last year fol-
lowing two incidents in which the same man broke into her
apartment, held a knife to her throat, and took her purse.
She escaped both times, the second time after fighting him
and receiving cuts on her hands.

"It's a dangerous place for a single woman with kids,"
she said.

In January, a woman walking home from a bus stop
kidnapped six blocks from the Village, gang-raped
and shot. Last fall, a woman walking in the Village at night
pushed into bushes by a man, but escaped when a car
rode by. A year ago a woman was robbed in the Vil-
lage at gunpoint while walking home from a nearby bus stop.

Ed Hendricks, director of housing and food services
at UC-Berkeley, said if residents supported the idea of
hiring a guard and paid for it themselves, "we would consider it."

UC-Berkeley Police Officer Leroy Perreira said a se-
curity guard was hired to patrol campus residence halls on
foot following the rape of a freshman in Norton Hall last
October.

Since she wrote a letter to the Village newspaper
proposing the idea, Peralta said she had received 10 tele-
phone calls from residents, all supporting the idea.

"Some said it would be worth more than \$3 to them to
have better security," she said. Other resident assistants in
the Village also support the idea, she said.

Adrienne Pitts, a resident, said she would ask Villag-
ers to sign a petition asking AC Transit to change some of
its bus routes to include more stops within the Village.

There have also been a number of thefts from cars
in the Village and police arrested a man
prowling there.

The Village is bordered by San Pablo and Marin aven-
ues and Sixth and Harrison streets. There are 920 apart-
ments with about 3,000 residents, Peralta said.

especially at night.

Albany Police Lt. Gerald Smith said there are no se-
parate crime statistics available for the Village, but he said
crime there is no worse than in the rest of Albany.

Don Van Atta, a Village resident for three years, said
he had mixed reactions to the idea of hiring a security
guard. "It is clear that we have a security problem, living
in this area," he said. "But I'm not sure a private guard
would do any good. We can't close ourselves off." Van
Atta said he was not opposed to an increase for a guard,
but said Village residents should not have to pay for it
when "the agencies who are supposed to protect us are not
working very hard at it."

Catherine Brown, a Village resident, said she wanted
more information on how often police patrol the area now,
but said "if a guard is the only answer, it might be worth-
while."

COLONIAL DAY —

(Continued from Page 1)

Parent volunteers staffed the different stations, and
half a dozen 7th graders, who had had their own Colonial
Day, came back to the school to help out.

"This is the kind of event that students will remember
more than just what they read in a textbook," Breaux
said.

— Roberta Alexander

begin planning 1982 tax
strategies, according to tax
specialist Harry Rabin.

An Albany resident
whose tax consulting business
is in El Cerrito, Rabin is
also an "enrolled agent,"
which gives him the power
to represent his clients before the IRS in the event of an audit.

"Most people are tired of
tax matters by the time they
have completed their returns
for the previous year," Rabin said. "But by
April 15, a quarter of the year is gone. You should be
thinking of your '82 taxes
even while preparing your '81 return."

This year it will be even
more important to keep accurate
records because California is not conforming to
many of the new 1982 federal
tax cuts. State tax laws
have not changed as dramatically,
and this may prove confusing to the average taxpayer.

"You may even find it to
your advantage to itemize
on one return, and not on the
other," Rabin said.

According to Rabin,
consistent record keeping is
the key to a successful tax return. "Sales people, for
example, have to keep very
accurate records in terms of
miles and entertainment. Many times sales people
come to me with incomplete
records and end up estimating fewer deductible
expenses than they really had."

Another valuable deduction
people often lose track of are charitable contributions.

"Clients will say they
gave \$3 here and \$2 there.
These are small amounts
individually but added up
over a year they can turn out
to be substantial," he noted.

Those deciding to see a
tax specialist or investment
counselor should plan to do
so no later than early autumn. "I get phone calls in
December from people who suddenly realize they
have a terrible tax problem. Well, by December one's
options are limited, and must be acted upon immediately.
Once the year is over, it's too late. Even the
best tax preparer can't turn back the clock."

"A lot of people will under-
estimate their deductions
because they're afraid of an audit," he said. "But as long as their deductions
are legitimate and they
have proof of them, there's
no reason to worry about going
to the IRS."

Keep in mind that only
a very small percentage of
returns are ever audited,"
he said. "Mostly long forms
are audited, and audits
comprise only about four
percent of those. Of people
earning \$50,000 or more,
one in ten is audited. Of those,
two out of five have
no adjustments made, so
there's a good 40 percent
chance of nothing happening
as the result of an audit."

Rabin believes the statistics
show how overblown
the issue of the audit has
become, and so he advises
his clients to concentrate
instead on earning money
and investing it wisely.

Let us know...
If your school, club or
church is having an event,
tell us.

Times Journal, 1247
Solano Ave. Albany
94706.

The tax

man cometh

EL CERRITO — The
new tax cuts may be useless
without good record keeping,
and now is the time to



Harry Rabin

DON'T WAIT... Charge Your Automotive Parts at GRAND AUTO...

GRAND/AUTO

Your Complete "AUTO PARTS HOUSE"
AD PRICES GOOD THRU 2-21-82

SNAP
BRAKE FLUID

For disc or drum brakes.
Surpasses SAE & Federal
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LIMIT 2

12 OZ. 77¢ EA.

STP OIL TREATMENT

When you change or
add oil, follow up with
STP Oil Treatment. 16 oz.

LIMIT 4

129¢ EA.

DUPONT GAS BOOSTER

Increases gas mileage up
to 12 miles per tankful,
an average of 3.4% in cars
tested!

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CHROME POWER ANTENNA

Raises or lowers at the flick
of a switch. Easy installation. High
quality AM/FM reception. 5 section
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12-volt cars. Prevents vandalism.

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21 Pc.
SOCKET
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SAE 1/4" &
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488 SET

FOOT PUMP

Easy to use. Foot-operated pump
inflates auto & bike tires, other
inflatables.

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BISSELER!

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4 PLY POLYESTER
WHITEWALLS

4 Ply polyester cord for a comfortable, soft,
smooth ride. Resists impact, blowouts and tire
fatigue.

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LADIES AID

(Continued from Page 1)

through the years: a potluck dinner and a bazaar, now the annual barbecue. These events were suggested by the Rev. Thomas Browne, one of the church's pastors.

The group continued its good works during the Second World War, when it helped to establish the Oakland-based sewing center. Branch members continued to make layettes after the war ended.

Funds raised by the branch are often donated to organizations that work with the poor or disabled, such as St. Joseph's Center for the Deaf and Hard of Hearing or the Easter

Seal Society.

Members, past presidents and pasters who have served the branch have been invited to the luncheon. Tickets are \$5.50, and are available from Hazel Cosgriff, 6110 Sacramento Ave., Richmond 94804, or call 525-4075; or Mary McElheron at 525-3289 or Marcella Doane at 525-1491.

Let us know...

If your school, club or church is having an event, tell us.

Times Journal, 1247 Solano Ave., Albany 94706.

SCHOOLS

(Continued from Page 4)

sporting events for the mentally retarded is normally held at UCLA, but will be moved to the UC-Berkeley campus in 1983 and '84 because Los Angeles will be the site of the International Olympic games.

Rooney reported that Craig Lacy of Albany Bowl had suggested holding the bowling event in Albany, and that the Special Olympics committee had thought this was a good idea. He said it would be the only off-campus event.

Mayor William Lewis told the group that he had attended the county-wide Special Olympics last year at Laney College, which he called "a beautiful sight."

Rooney said it was not feasible to have a similar program in Albany because there were only three local students who might qualify for participation, but that these students could take part in the county events.

RECYCLE

(Continued from Page 1)

William Haden, Albany's city administrator, said the committee has discussed the possibility of selling recyclable materials to Berkeley.

Haden also said there is a remote possibility that San Francisco may begin to use the landfill site at Altamont, then pay a surcharge, some of which could go to Oakland Scavenger (a garbage collection firm which serves Albany) to be used for curbside collection of recyclables.

Haden said, however, there may be

opposition to the city of San Francisco dumping in Alameda County, because the "life expectancy" of the Altamont or the Kensington Community Services District. If materials were sold elsewhere, the net funds (after deductions for transporting the materials) would be returned to the KCSD.

The district would like to get opinions from residents of Kensington and will publish a poll in the Kensington Outlook on March 1. The KCSD will meet again on March 2.

PARK and SHOP
Discount Food Markets

79¢
VALUE

JUMBO ROLL
TOWELS
BRAWNY
59¢

95¢
VALUE

1/2-TIN
TUNA IN OIL OR WATER
CARNATION CHUNK STYLE
79¢

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VALUE

6-PAK
MUFFINS
THOMAS SOURDOUGH OR REG.
69¢

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VALUE
ROYAL CROWN, DIET RITE, CRUSH FLAVORS
12-oz. CANS
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\$1.35

\$2.29 VALUE
PET RITZ FROZEN

26-oz.
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\$1.59

LOW, LOW PRICES

SOAP
SAFEGUARD
5-oz. BAR
6¢ OFF DEAL
45¢


SOAP
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5-oz. BAR
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SOFTENER
BOUNCE FABRIC
40 CT. PKG.
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KLEENEX
FACIAL TISSUE
280 CT.
\$1.29

LOW, LOW LIQUOR

SMIRNOFF
VODKA
80° LITER
\$6.39


ANCIENT AGE
WHISKEY
86° LITER
\$6.99


OLD MILWAUKEE
BEER
12/12-oz. CANS
\$3.09


GORDON
GIN
80° LITER
\$5.99


AMARETTO DI SARONNO
LIQUEUR 53° 750 ML
\$12.99

CHIVAS REGAL
SCOTCH 86° 750 ML
\$13.99

TISSUE 83¢
NORTHERN TOILET
\$1.21 VALUE 4-ROLL PKG.
(Coupon Limit 4 Rolls)

MARGARINE 59¢
IMPERIAL
89¢ VALUE 1-LB.

CHOICE MEATS & POULTRY

		BONELESS BEEF ROASTS	\$2.29	
BEEF CHUCK	USDA CHOICE CENTER CUT LB.	\$1.89	FRESH FRYER BREASTS LB.	1.59
FRESH FRYER LEGS	MEATY CALIF. GROWN FROM PETALUMA POULTRY LB.	79¢	LEAN GROUND BEEF LB.	1.79
GOLDEN STAR HAM	FULLY COOKED BONELESS LB.	2.59	TURKEY CUT FROM YOUNG GRADE A HIND QUARTERS LB.	79¢

GALLO SALAME (13-OZ. CHUB \$3.49)
ARMOUR ★ HOT DOGS
ARMOUR ★ BACON
FRESH FRYER LIVER
FRESH ENGLISH SOLE

LOW, LOW PRICES

		LOW, LOW PRICES		LOW, LOW FROZEN
HOME PRIDE WHEAT BREAD	24-oz.	99¢	CHEF SALUTO FROZEN PARTY PIZZA 32-oz.	3.79
EGG NOODLES & SAUCE LIPTON	4-oz. PKG.	65¢	LENDER'S FROZEN PLAIN, EGG, ONION, HONEY RAISIN BAGELS 12-oz.	59¢
GERBER JUICE	4.2-oz.	4 FOR \$1	GORTON'S FROZEN STICKS/PORTIONS FISH 12-oz.	1.85
SWIFT SOUP STARTERS	6.8-oz.	1.15	AUNT JEMIMA FROZEN ORIGINAL BUTTERMILK, APPLE CINNAMON WAFFLES 10-oz.	73¢
SWIFT STEW STARTER	7.6-oz.	1.45	PET RITZ FROZEN PIE SHELLS 12-oz.	89¢

LOW, LOW DAIRY

		LOW, LOW DAIRY	
MONTCO MILD CHEDDAR, MONTEREY JACK RANDOM WEIGHT CHEESE	lb.	2.39	Van de Kamp's HOLLAND-DEUTZ BAKERS specials Through Feb. 21
ROUGE ET NOIR CAMEMBERT/BRIE CHEESE	8-oz.	2.39	SAVE 10¢ 100% Whole Wheat KRINKO BREAD \$1.05 Reg. \$1.15
MAYBUD FARMERS MONTEREY JACK, Muenster CHEESE	8-oz.	1.79	SAVE 20¢ NEW 1 Layer Cakes Reg. \$2.29 \$2.09 NOW...
CARNATION BRENTWOOD ICE CREAM	1/2-GAL.	1.79	SAVE 10¢ Cherrynut Shortbread 95¢ Cookies Reg. \$1.05

LOW, LOW PRICES

		LOW, LOW PRICES		FARM FRESH PRODUCE
GOLDEN GRIDDLE SYRUP	24-oz.	\$1.55	BANANAS FANCY GREEN TIP 4-LB.	
CORN OIL MAZOLA	16-oz. BTL.	99¢	AVOCADOS CALIFORNIA GREEN SKIN 4 FOR	
WISBONE CREAMY CUCUMBER DRESSING	16-oz.	1.39	APPLES WASHINGTON EXTRA FANCY, RED & GOLDEN DELICIOUS LARGE SIZE LB. 49¢	
MAGIC MOUNTAIN BAGS, 7 FLAVORS HERB TEA	16-CT.	85¢	CARROTS CLIP TOP SWEET-N-TENDER LB. 29¢	

FREE EASY PARKING

LOW, LOW LIQUOR

		LOW, LOW LIQUOR		GRAPFUIT TEXAS RUBY REDS LARGE SIZE 4 FOR
SMIRNOFF VODKA	80° LITER	\$6.39	BANANAS FANCY GREEN TIP 4-LB.	
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TIMES JOURNAL

Artist Richard Haier hangs up his potter's wheel

By ARLENE EAGAN

EL CERRITO — Sculptor Richard Haier says when can't tell one work from another, that's the time to

Haier has forsaken his full-time occupation as a commercial potter to leave himself "free to pursue experimentation and to make something more worthwhile. I've used my glazing process and my production, and I'm involved with making vases and wall hangings."

Haier is experimenting in his El Cerrito studio in his with a single-firing technique instead of the traditional "bisque" firing followed by a glaze firing. He said firing saves about one-third of gas consumption, but are difficult to work with because the clay is so brittle just be handled slower.

The Iris Too Gallery in north Berkeley recently exhibited some of Haier's work, featuring some unusual wall hangings which combined clay and thin rope fiber. The

dozens of heavy clay pieces used are numbered and assembled like a jigsaw puzzle on a backing board with adhesive mortar, and holes are drilled in the clay from which the fibers hang.

Haier also combines art forms in his pots, which are jagged-edged at the top and have fiber woven in a basket weave along the jagged portion.

Haier, 28, has a degree in art from California Lutheran College in Southern California. He's always had an interest in art, but clay was his first love and he did watercolors and sketches "only when he had to." He usually sketches a sculpture on paper before he begins to work in clay.

Haier said "nature in general" is the single biggest influence on his sculpture, and he uses mostly earthy colors and designs.

It was his dream to go into commercial production of pottery, and after working as a truck driver and years of

sweat and saving, he outfitted a studio and geared up into a full-time business.

It's possible to have too much of a good thing, and he found himself working in his basement six to seven days every week. He said he "lived and breathed" clay, and the whole operation turned into a "regular job" instead of a creative art form.

"I was brought up with the Protestant work ethic, the old nine to five," Haier said. "But my hours were a lot longer, and I'd periodically force myself to complete a line that I'd started that day. I put in so much time, but finally I was making peanuts!"

His typical working day consisted of loading the kiln in the backyard, going upstairs to have breakfast, back to the basement for throwing clay until lunch, going upstairs to the living room to eat and read some articles on ceramics for an hour, then going back to work to put handles on cups or bend metal wires for canister handles.

"I wanted to do something a little more meaningful for me and for everyone else, too," Haier said. He has cut back on production to return to school to study technical drafting and possibly engineering. He believes the field will combine technology with his love of art.

"There's a need for esthetics as well as mechanical ability in drafting," Haier said.

He maintains his ceramics studio and will continue to produce some mugs and goblets and his most popular product, salt and pepper shakers with expressive little faces on them, but he plans to concentrate on more creative sculpture.

He had no regrets about his business venture.

"It was more like the 'shark syndrome,' a Woody Allen expression, which is where you stay in the same place and you don't move forward," Haier said. "But I'm not sour grapes. I knew I had to try and I wanted to try."



Haier and one of his recently exhibited clay-rope sculptures

— Times Journal photo by James Pease

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Kensington Symphony plans two concerts

KENSINGTON — The Kensington Symphony's next concert will be Sunday, Feb. 28, at 7 p.m. at the First Marian Church of Berkeley, 1 Lawson Road, Kensington.

The same concert will be repeated Friday, March 5, at 7 p.m. at Contra Costa College Performing Arts Center, Pablo.

Greg Mazmanian, featured soloist, will perform the Tchaikovsky "Violin Concerto." Mazmanian, a native of Canada who began studying the violin at the age of nine, is a recent graduate of the Juilliard School in New York. He has received awards and prizes from the Rotary International competition, Allied Arts Association of Los Angeles, International Festival Violin Competition in London, and the Gulbenkian Foundation of Portugal. He has given solo recitals in New York, Los Angeles and in the Bay Area, and recently performed at a reception for President George Bush.

The symphony, under the direction of Robert Kissel, will perform Hadyn's "Symphony No. 94 (Surprise)" and premier "Sinfonietta" by Phelps Dean Witter. The composition was the winner of the Kensington Symphony's New Compositions competition for this season. Witter, a native of Wisconsin, is a graduate of San Francisco's Lowell High School. He has studied under Petri, Nadia Boulanger and Yves Nat. He attended Paris Conservatory and performed frequently in Europe. Many of his compositions have been performed in the U.S. and Europe and he is the winner of the Founbleau competition for composing.

Tickets at \$4 each (\$2 each for senior citizens and students) are available from the Kensington Symphony by mail at 1 Lawson Road, Kensington, Calif. 94707, and at the door.

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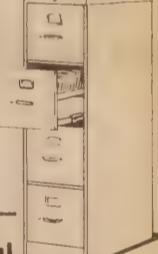
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CHURCHES

(Continued from Page 8)

searching through scriptures, sharing and prayer will be led by Cathy and Peter Morris at the church.

Thursdays at 7:30 p.m. the children's and adult choirs practice. The children's play group meets weekdays at the church. Interested persons are invited to call 527-4013.

The church is located in the Thousand Oaks neighborhood of north Berkeley at 1953 Hopkins St. Phone 524-2921.

Thousand Oaks Baptist Church

On Sunday, Feb. 21, the Rev. Eugene Paden will preach on "How Low Can We Fall and Still Be Forgiven?" taken from Mark 3:23-35. The choir will sing "Sun of My Soul" by Emig and there will be a children's sermon. Worship begins at 10:30 a.m. following church school for all ages at 9:30. The Rev. David Chen preaches in Mandarin to the Chinese congregation at the 10:30 service.

Wednesday is family night, beginning with a potluck supper at 6:15 and followed by Bible study classes in English and Mandarin for adults, and in English for children and young adults. Wednesday choir rehearsal for children is at 5 p.m. and for adults at 7:45.

Recreation, games, drama and refreshments are available for fourth through eighth graders every Friday at 3:30 p.m. at the church. All your people in this age group

are invited to attend this time of fellowship under the direction of Cedric Boughton and Jim Kennon.

The church is located in the Thousand Oaks district of north Berkeley at 1821 Catalina Ave. Phone 526-3773.

EAST BAY
Chinese Rhenish Church

This bilingual (Cantonese and English) Lutheran church welcomes the public to worship every Sunday at 11 a.m., with Sunday school classes for all ages at 9:30 a.m. The pastor is the Rev. Loke Hoy-San.

The following weekly classes are offered: English Bible study, Wednesday, 8 p.m.; Chinese study, Thursday, 8 p.m.; youth fellowship, Friday, 7:30 p.m.; Chinese language school, Saturday 9:30 a.m. to noon; family and individual counseling by appointment only. Call Dr. Loke at 232-0579 or 232-1072.

The church is located at 4709 MacDonald Ave., Richmond. Phone 232-1072.

North Congregational Church

The adult Christian growth seminar meets each Sunday at 9:30 a.m. in the Babcock Room of the church for an hour of study, fellowship and prayer. On Feb. 21, the group will study "The Mark of Jesus" as described by Paul in his letter to the Galatians, chapter 3-6. Visitors are always welcome.

At the 11 a.m. worship service, the Rev. Bob Graham will speak on "Suffering Transcended," based on John 9:1-12. Assisting him will be Steven Stanton and Edward Vanek, lay deacons for the day will be Russell Corning and Evelyn Tippet. Martin Boyd will be the usher.

After the service, members of the New Life Christian Singles, an organization for older persons, will meet for lunch at a local restaurant.

The Northside Christian Singles Fellowship, for young people under 35, meets each Sunday at the church at 7:30 p.m. with Steven Stanton. Newcomers to the area or any single young person seeking to belong to an active group is invited.

The church is located at the corner of Cedar and Walnut in North Berkeley. Phone 848-1201 or 527-3134 (evenings).

Temple Baptist Church

Sunday, Feb. 21: 9:15 a.m., children's choir; 9:45; Sunday school, 11 a.m., worship with the Rev. Phil Reed; 7 p.m., evening praise service. The building and maintenance committee will meet after the morning service. Wednesday at 6:30 the monthly potluck will be held, followed by choir practice.

On Saturdays, Feb. 20 and 27 the Heirs of the Kingdom will meet at 6:30. There will be a work day on Feb. 27 at 8 a.m. with breakfast served by the women.

The church is located at 1960 Carlson Blvd., in the Richmond Annex. Phone 525-9103.

health foods? Researchers say they are between 50-64 years of age, college-educated, with average incomes.

...The average American family spends 17 percent of its total budget on food. The poorer the family, the higher the percent spent. Families with incomes over \$20,000 spend as little as 10 percent. I rather suspect the affluent are also less informed in nutrition and consumerism. I know that many of my students with the lower income brackets are very devoted to brands and convenience foods and show a new "status" foods which are more expensive, of course.

In the mail box

Ramona B. writes with the recipe request we made for you a reader who wanted a yellow dressing for his potato salad like the one his mother makes. This sounds like the answer.

Grandma's Dressing

Beat well:

2 whole eggs

Add:

1/2 c. cider vinegar

1/4 c. water

2 T. sugar

1 t. dry mustard

Salt and pepper to taste

Stir constantly while cooking over a low heat. Thickened. Cool and pour over potato salad. Ramona, it's delicious and we thank her!

An apology to Evelyn H. who writes about a group in her garden club who have "extreme" interests and have become an eating society. I would like to get an answer to her in time for their last meeting. They study foods and their uses; making vinegar, ingesting ingredients and how they work, and I suspect some pretty tasty refreshments, too.

This sounds like a fun bunch who like to be formed. They (and everyone else) should take a morning excursion to the San Francisco Farmers' Market on Alameda Boulevard some Saturday and check out the strange and wonderful produce there. It's offered from the farmer to you and everything seems of high quality.

Strategies for food

That's the title of the class my old friend Betty is offering as a one-day workshop on Saturday, from 9 to 5, for Vista College in Berkeley. Betty, economist and consumer specialist, has some ideas that are more economical, more nutritious and more pleasurable. This one-day class is free and the Berkeley Coop on Shattuck near Cedar in the stairs meeting room. Sounds like a good place to start. Saturday, March 6.

Olga Bier is a teacher, author and home economist who teaches at Contra Costa College. Anyone with questions or suggestions for this column may write or care of the Times Journal, 1247 Solano Ave., 94706. Please enclose a self-addressed, stamped envelope for reply.

JCC plans

play reading

The Berkeley/Richmond Jewish Community Center will present an excerpt from "Legacies," a play by Albany author Karen Iris Bogen, on Tuesday, Feb. 23, at 8 p.m.

The play deals with national security issues. Following the play reading, a panel discussion will be held. Panelists include Soviet expert Dr. John Gorringe, arms control expert Prof. Ralph Goldman of San Francisco State and Middle East expert Ellis Goldberg of UC-Berkeley.

The center is located at 1414 Walnut at Rose. For further information call 848-0423.

Group

on family

Parental Stress is sponsored by Alameda County and sponsored by a free, 14-week course.

Parents may discuss concerns they have and share common experiences. The group is facilitated by Betty Henry and Griffith. The group meets Monday, Feb. 22. For information call 655-2222.

Nuclear

film series

"The Last Episode" film about the consequences of nuclear weapons and nuclear war will be screened Tuesday, Feb. 23 at 7:30 p.m. at the Richmond Library Auditorium, Civic Center, MacDonald Ave.

Dr. Frederick F. member of the Physicians for Social Responsibility will act as resource person. The showing is cosponsored by the Greater Richmond Inter-faith Program and Californians for Nuclear Freeze of Contra Costa County.

Admission is free. For further information call 232-9606 or 233-2141.

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What's new?

...Did you know that mothers of fat children tend to talk less to their youngsters than mothers of thin children do during mealtimes? This is according to a report by the Department of Human Development and Family Ecology Child Development Lab at the University of Illinois.

Thinner children and their mothers talked regularly at the table and ate less food at a slower rate. Chatting is distracting, I guess. That sort of makes me the living exception. Nobody eats faster or talks more than I do at the table!

...Another study, this time from the Harvard Medical School's New England Regional Primate Research Center, supports the idea that you can take too many vitamins, especially A, D, and C. The problem with taking megadoses of some of our vitamins is that the final word on their functions or our need for them still isn't in. So many of our nutrients work in conjunction with another and so throwing off the balance by excessive use of one really doesn't do the miracle job we hope for.

Too many people prescribe for themselves. We should really rely on our physicians' advice and stop believing all the ads and the current health food nuts. Most nutritionists suggest adherence to the RDA's (Recommended Daily Allowance) and stress that oversupplementation is often wasteful and sometimes dangerous. Dr. Jean Mayer of Tufts University says that the over-50s could use an all-purpose daily vitamin but should otherwise rely on a properly balanced diet.

...There's a group called the Glutamate Association that discredits what is popularly known as the "Chinese Restaurant Syndrome," which purports to cause everything from asthma to diarrhea. They claim the studies showing this are not scientifically sound. That's OK, I guess, but something in the menu gets to me every time. That doesn't stop me from enjoying my favorite foods, however. How many of you out there react after a Chinese or Japanese feast? It would be interesting to take a count.

...More and more supermarkets are adding health food departments. Industry figures show that the health food industry has grown from 1,000 stores in 1970 to 6,600 stores in 1979. Who is buying this \$1.6 billion worth of

...The play deals with national security issues. Following the play reading, a panel discussion will be held. Panelists include Soviet expert Dr. John Gorringe, arms control expert Prof. Ralph Goldman of San Francisco State and Middle East expert Ellis Goldberg of UC-Berkeley.

The center is located at 1414 Walnut at Rose. For further information call 848-0423.

Lions aid
the blind

EL CERRITO — The Lions Club of El Cerrito is organizing a drive to collect old prescription glasses as part of a month long "Project Vision" scheduled for February.

Please leave your unused or unwanted glasses at the Sunshine Center, 10750 San Pablo Ave., El Cerrito.

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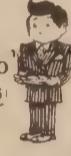
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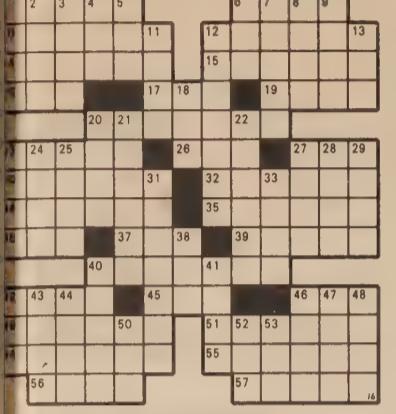
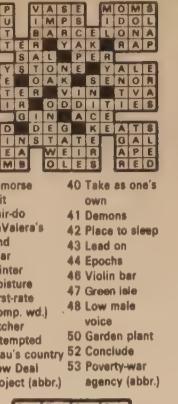
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Sword puzzle

ACROSS

- 45 Edible tuber
- 46 Second month.
- Italian (abbr.)
- 49 Continent
- Primary color
- 51 City in Illinois
- 54 Flung over
- 55 Ridiculous
- 56 House (Sp.)
- 57 Ward
- 58 It is excessively fond of
- 59 Owned items
- 60 Southwestern river
- 61 Frequently
- 62 Great deity
- 63 Fabricated
- 64 Bird's home
- 65 Arranges
- 66 Automotive society (abbr.)
- 67 Tassel (ads.)
- 68 Contemporary
- 69 Performed
- 70 New
- 71 Wild plum
- 72 Grazier
- 73 CIA
- 74 Superative
- 75 Suffix
- 76 Seed planter
- 77 Throwback
- 78 Remote
- 79 Motion picture
- 80 Shredded

Answer to Previous Puzzle



(NEWSPAPER ENTERPRISE ASSN)

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Astro-graph/Bernice Bede Osol**If your birthday is Wednesday, Feb. 17:**

The palms you've taken to prepare yourself in your present field of endeavor will prove profitable this coming year. Now that you are ready, advancement is likely.

AQUARIUS (Jan. 20-Feb. 18)

In things which you cannot manage on your own today, don't be hesitant to ask for help from friends whom you have helped in the past. They're anxious to aid. Find out more of what lies ahead for you in each of the seasons following your birthday by sending for your copy of Astro-Graph. Mail \$1 for each to Astro-Graph, Box 849, Radio City Station, N.Y. 10019. Be sure to specify birth date.

PISCES (Feb. 20-Mar. 20)

In joint ventures today, the greater burdens and responsibilities are likely to fall on you rather than on your counterparts. You'll handle them in stride.

ARIES (March 21-April 19)

Someone may come to you for advice today. To truly help them, you'd be wise to tell it like it is, not what they want to hear.

TAURUS (April 20-May 20)

Others may give their tasks a lark and a promise today, but not you. When you do a job you'll take pride in doing it right, even if it's tedious and boring.

GEMINI (May 21-June 20)

Take advantage of any opportunities today to let one of whom you're fond know how much he or she means to you. Your gestures will have lasting effects.

CANCER (June 21-July 22)

Although there will be things you'll want to attend to for yourself today, drop what you are doing if one who has helped you now needs your assistance.

LEO (July 23-Aug. 22)

Among your peer group you're probably one of the more-talented organizers. Your pals are aware of this. They may call upon you today to use your skills.

VIRGO (Aug. 23-Sept. 22)

Matters which could affect your finances or security should be given top priority today. You have the knack to turn marginal situations into gainers.

LIBRA (Sept. 23-Oct. 23)

Take steps today to protect yourself concerning your self-interests. You'll know how to do so without being greedy, or offending associates.

SCORPIO (Oct. 24-Nov. 22)

You could come across something today while rummaging through things that will be of more value to you now than when you first got it.

SAGITTARIUS (Nov. 23-Dec. 21)

Make it a point today to get in touch with an old friend to whom you have not been too attentive lately. The relationship is too valuable to let go by the boards.

CAPRICORN (Dec. 22-Jan. 19)

By helping others achieve their goals and ambitions today, you'll gain in stature and reputation. When you need a boost, they'll be there to help.

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No end to local Raiderette's season

By LINDA ROSDAHL

L CERRITO—The season has ended for the Oakland Raiders, but not for El Cerrito resident Anita Wheeler, a veteran cheerleader.

There still are publicity promotions, cheerleader weddings to attend and the desire to try out for the squad next season.

Among all the Raiderettes, Anita has been the squad's longest. In eight years she's seen them through high times, as winning two Super Bowls, and difficult times, such as the past season.

"I don't think anyone expected the past to turn out the way it did," she said. "Or a team wins the Super Bowl, we expect it to come back and do just as if not better. There's no doubt that El Cerrito's there, and I don't see any reason why they can't come back next season and be one of the top teams again."

How does one keep the spirit up when football's winningest team isn't winning? According to Mary Weber, another Raiderette and friend of the El Cerrito resident, "Anita's smile never stops whether the team is winning or losing. She is one of the primary forces in keeping the spirit up in or out of our locker room."

Anita laughs at this, crediting her enthusiasm to her cheerleading experience which dates back to her days as a pom-pom girl at El Cerrito High School in 1973 and her genuine interest in the Raiders.

"I take it very serious when they're playing," she said. "When I'm out there, I think about winning. After all, that's our whole purpose for being there, to do our part in helping the team win."

But cheerleading isn't all that keeps

Anita busy. A fulltime nurse for two plastic surgeons, she enjoys spending her free time waterskiing, biking and dancing. The 1977 Miss Richmond once was an active model, appearing in local commercials. She still models occasionally when not practicing with the Raiderettes or traveling to high schools around the Bay Area to help judge their prospective cheerleaders at tryouts.

"It's nice getting back to the high school level," she said with a smile. "It's very different from the pros. You don't have the fans going along with you since we actually don't lead cheers. In high school, everyone seems so involved."

A pretty smile, spirit and enthusiasm are the qualities Anita looks for while judging cheerleaders.

As for her own career as a cheerleader, Anita is uncertain whether she will return

next season. She has only praise for the Raiderettes and the Raiders' organization, but the decision to return for a ninth year will be one she will wait on for a while.

While contemplating the decision, she will continue to make publicity appearances and attend some of the Raiderettes' weddings.

"It's six months before tryouts and anything can happen between now and then," she said. "Around May I start to miss it, but I'll have to quit sometime."

If she decides not to return, Anita still can retire with fond memories. The fondest is Super Bowl XV, something local fans still afflicted with 49er fever can relate to now.

"The Super Bowl was great," she said. "The epitome of everything you're there for. Nothing can compare to it. I know I'll never have an experience like that again. It's nice to have been a part of it."



El Cerrito's Anita Wheeler

Spring sports preparing for outdoor seasons at CC

By DAVID MORGAN

SAN PABLO — Five so-called 'minor' sports will make the major portion of the spring calendar at Costa College this year.

Along with baseball, track and field — swimming, golf and softball will also get underway this week. Figures to be the strongest of the programs, with a Phil Clifton boasting an outstanding recruiting and several key returners.

Numbers and inexperience may hurt Len Chaplin's program, but outstanding individuals Brian Ramos, Waterworth, Steve Wittstock and Stacey Smith are strong seasons.

Neill Gunn has only one returning player out for the golf team, that being Lynn Scalberg, the only one on the team last year. Lou Toschi has balance on a tennis squad. The softball program has several experienced players, but a new coach in energetic Peggy Gunn.

Track: Last year, Clifton was predicting a state champion-

ship for his CC track and field before the campaign even started. This time around, he has a specific date for forecasting his prediction.

"Talk to me after the league finals," he said of the May 7 date. "I'll know a lot more then."

"But I'm extremely excited about the upcoming season. We have an excellent group of freshmen coming in."

Clifton also has 14 members of a talented 1981 squad back in uniform this season. Eric Decatur, the sensational sprinter from Vallejo, leads the group, while Byron Cridle may already be the state's premiere triple jumper.

For the women's team, sprinter Cynthia Miller and distance runner Polly Wright, off a fine track and field campaign, are the top returners. Kathy Douglas, who ran in the state meet last season, Emma Gaddis and Ginger Uvory are also back.

Swimming: Chaplin's swim crew may face the same problems his young water polo team faced in the fall — shortage of manpower and experience.

"We're going to have to get the most out of our total

athletes in order to do well," said Chaplin. "There is going to be a lot of double-duty for swimmers like Waterworth, Wittstock and Tim White."

Smith is the top returner for the women's team, and is looking forward to a state meet appearance after narrowly missing out last season.

CC opens its season at West Valley College Feb. 20, in an all-day relay event.

Tennis: Balance and experience are factors Toschi hopes will lead his CC string club. Four players return from last season, while two newcomers are the captains for the upcoming season.

"Last year, there was a great difference between our number one and six players," said Toschi. "This year, there's not much of a difference, if any, so that should help us."

Four teams from the Camino Norte Conference qualify for postseason playoffs, and Toschi's goal is for the Comets to be included in the elite event. The CC coach looks for defending champion American River College, Santa Rosa, Marin and San Joaquin Delta College as the top teams in league play.

Golf: Last year, Gunn had several quality golfers but the Comets lacked overall experience and depth. The result was a poor team record by the local club.

The season may have also changed Gunn's outlook for Contra Costa golf. Instead of looking for team goals, the coach is instead looking just for players.

Scalberg is the only returner, while Harold Anicama from Pinole Valley is one of several incoming freshmen. Gunn is still taking signups for his team, and can be reached at 235-7800, ext. 358.

Softball: Littell originally began preparation for the upcoming season in December in the CC Hit-a-Thon, which was held to support the baseball and softball programs at the local college.

Littell was one of the top recruiters of donations, and is hoping for equally successful luck in making the Comet softball program a winner.

She will have approximately two more weeks to do just that, before CC opens Camino Norte Conference play against league favorite Sacramento City College at CC on Feb. 24.

More talent adds CC diamond depth

By DAVID MORGAN

SAN PABLO — Job security figures to be a feature of the Costa College baseball cannot provide this year. The revamped Comet program, coached again this year by Jim McCray, is apparently at a loss to provide jobs to deserving players. And those who do win a job are not given any guarantees.

The outfield, McCray believes, will be the most heavily tested area on the CC club. Following a fine returning season, McCray has now fewer than seven outfielders with credentials meriting a first-line position.

Returning sophomores Kevin Traveler, Randy Muldrew and Brian Finley will start the season from left-to-right.

However, Darryle Brown, Robert Woods, Joey Nixon and Kevin Sudduth, all new to the CC program, are waiting for their starting shot.

"Our outfield is so talented this year," said Muldrew, "if you get hurt or don't hit, you could lose your job."

Muldrew's cautious forecast is another indicator of credentials in the CC outfield. The Oakland High graduate was drafted on the fourth-round by the Oakland in January. Finley was also taken in the winter selection. If prospective major leaguers are worried about their jobs, there must be some competition to contend at CC.

"We should have the best outfield in the conference," Comet skipper McCray. "It should be the best, based on overall depth and talent."

In addition to the starters, Brown was a prep all-state player at Pinole Valley High School last season. The 5-9, 160-pound centerfielder will back up Muldrew in center, and figures to be a member of the Comets' starting rotation as a pitcher. McCray said Brown will also get a shot as left-handed designated-hitter.

Woods, meanwhile, was an all-leaguer while a prep at El Cerrito, and played in the Cal program last season. Morrison, a former teammate of Woods at EC, was slated to go to powerful Laney this season, but brought his power-hitting to San Pablo instead.

Sudduth led the Richmond-Berkeley Athletic League in batting as a senior two years ago.

The rest of McCray's starting lineup will be dominated by freshmen. Third base will be handled by either Mark Maiorana (Miramonte) or Lloyd Dawson (Kennedy), while ex-De Anza star Timmy Wallace has been moved from second base to shortstop in the absence of Kenny Holmes.

Jeff Williams will start at second base, while Kevin Siverson, a former standout at Pinole, has a lock on first.

The catching will be handled by Paul Bryant (El Cerrito) and Don Burrell (Oakland), a pair of returning sophomores.

McCray's pitching corps figures to be a great improvement over last season's group, as the Comet skipper will keep eight hurlers this year. "There's no question that pitching is the key to baseball," said McCray. "This year, we should have a real good staff. We have both the depth and the talent."

The Comets righthanded starters will be a pair of Vallejo fireballers in Joe Strong and Bob Carmichael. Brown figures to be the third regular member of the rotation as its only southpaw, while Kevin Jones is the only returner and could gain the fourth starting position.

The relieving will be handled by locals Casper Thomas (Harry Ells) and Dave Bowman (Pinole Valley) as the short and long firemen, respectively. Tom McClanahan (Vallejo) will also see good time out of the bullpen.

"I'm really looking forward to this year," said McCray. "I think we're going to play some exciting and competitive baseball."

"We had a great fall program, and an excellent recruiting year. Anytime you can get the top local talent, the Darryle Browns, Timmy Wallaces and Kevin Siversons, you can expect to have a good year."

The other reason McCray has such high expectations of his team is the assembly of qualified assistants in a strong three-man staff. Emery Phillips, longtime coach at Richmond High, joins McCray from St. Mary's College, while Mike Aonian (from Cal) and Steve Ward (California Angels organization) round out the staff.

"I've always wanted to have a coaching staff," said McCray. "And this is melting together very well. I think Steve has done one hell of a job with the pitchers. Emery and I are the serious ones, and Mike keeps everyone loose."

"It's helped immeasurably to have such a good staff. Because we can help so many more kids, we'll carry over 20 this season."

And hopefully carry at least that many wins home.



Freshman Tim Wallace starts at shortstop

—Staff photo

EMOTED

(Continued from Page 1)

The City Council voted last May to end the demolition, and Palmer for arbitration. He has been out of work as the result of a back injury the last June.

The arbitrator ruled that Palmer be reinstated as assistant fire chief and end back pay and all vacation, leave and other benefits to which he would have been entitled. His layoff period is to be extended

as well.

Palmer was ordered to enroll, at his own expense, in a "Dale-Carnegie" type course. The city is supposed to pay for 10 to 20 hours of counseling, to help Palmer adjust to the stresses of his post.

In a phone interview from his home, Palmer said, "The arbitrator found that the city stigmatized me in the department and in the city. They hurt my reputation."

Among other things, the arbitrator

found: that the city had not put its criticism of Palmer in written form, that the City Charter had no provision for demotions, that no stated reasons for the demotion were given at the time, that the Fire Department did not give Palmer appropriate direction, assistance and training to do his job and that other personnel were not supportive.

The city was also ordered to pay all costs of the arbitration procedure, which amount to \$2,754.

Trekking in Peru

THOUSAND OAKS — A slide presentation of "trekking in Peru" has

Making seviche

KENSINGTON — A continental cooking class will be taught Monday, Feb. 22, at 5:30 p.m. at Inn Kensington Restaurant, 293 Arlington, Kensington.

Instructor is Penny Dienes, who can be reached evenings at 526-2549 to make reservations.

The menu includes seviche, cassoulet and orange mousse. Participants will observe the preparation and then eat the meal.

Pancake supper set

THOUSAND OAKS — The Epworth United Methodist Church will begin its observance of the Lenten season with its traditional pancake supper, sponsored by the youth group, on Shrove Tuesday, Feb. 23, from 6:30 to 7:30 p.m.

Tickets are available for singles and families. Cal 524-2921 for more information. The church is located in the Thousand Oaks district of north Berkeley at 1953 Hopkins St.

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525-2644

AT THE TRACK

(Continued from Page 1)

me by my track name: 'The Cocky Jockey'."

How did he pick his winners?

"Learn the horses," he said.

Elsewhere in the record opening day crowd of 12,841, the betting strategies were as varied as the people who applied them.

A 78-year-old man from Union City trudged up the hill from the parking lot as he had done many times in his earlier career of shoeing horses. Missing his two front teeth, he refused to say who he was betting on. He had paid \$10 for a tip at a bar where the trainers and shooers hang out.

Down in the lower "grandstand level," a pipe-smoking lawyer stood in lone contrast to most of the mob around him who had entered on the day's \$1 contest ticket (it's usually \$2.50). While others pressed to the rail and urged their favorites on with whoops and near-hysteria, the lawyer kept a calm regard.

"There's more pagentry back

ELECTION

(Continued on Page 10)

ning for re-election.

In his filing statement, George stressed his experience as a local businessman and that he was "born and raised in Albany." George also said that he has had a special interest in issues concerning senior citizens.

Patricia Dempster, a former city clerk who retired from that position in 1979, urged voters to elect her because of her long-time experience in city affairs. Dempster said that she attended "more than 400 council meetings" while employed as city clerk.

Planning commissioner Ed McManus said in his statement that he will seek public debate about the issues that "threaten our city's ability to provide" essential services. McManus is vice-chair of the Planning and Zoning Commission and is active with the Albany Community News.

The film series begins at 7:30 p.m. and donations are gratefully accepted. For more information call 524-3892.

Attorney Robert E. Nichols, who lists himself as a "long-time Albany

east," said the 51-year-old attorney. Rex Jones from Marin, "Back there, they'll turn out Congress. Here it's basically gambling."

Jones was using a calculator to decide his bets, according to betting lines registered on the giant electric "tote board" in the middle of the track.

There is some ritual, however. Harvey Roseblum, a 57-year-old trumpet player, stands in front of the crowd in a red coat and black hat and blows "To the Post" for about 10 seconds before each race. He declined to say how much he got paid, but said it was professional scale for a day's work.

Isn't his total playing time for the day less than two minutes?

"I've spent more years learning this than a doctor spends learning what he does," he said. "I get paid for what I know, not what I do."

Nearby, a toothless old fellow had been waiting in the long betting window for 10 minutes. Just as he got to the front, the race started and the window closed.

"I'm lucky," he said, "I ain't going

to lose my money this time." His strategy Tuesday was to pick the number 5 horse in every race. "I can't pick these goddam horses."

Up in the glass-enclosed "Turf Club," admission is \$10, and the betting lines are quick. Coats and slacks are required for men, and the women wear gold jewelry. Bettors carry mixed drinks and watch the race through binoculars or on color-TV monitors.

One man in gray, pin-striped suit used a mathematical formula. He added the digits in each jockey's weight to the odds on the horse. He placed his bet on the horse with the lowest sum.

During a test demonstration of his technique, he placed a \$2 minimum bet "across the board," which is three \$2 bets, one on the horse to win, one to place (second place) and one to show (third place). His horse came in first, and he won \$17.40 for his \$6 wager.

Altogether the fans at Tuesday's nine races bet \$1,842,401. There are 98 more racing days before the season closes.

Bowling

ALBANY — Ralph Willis provided a 228 game and 624 series as Moosehead Beer tightened its grip on first place in the 915 Major League at Albany Bowl by drubbing O&R Vending, 17-8.

Merry Jax climbed into a tie for second place after crushing Zappia Construction, 19-6. Ian Coad led the Merry Jax charge with 268-658 and was backed up by Matt Rei's 202-593, Rich Lunardi's 590 and Wade Cyrus' 589.

Sharing the second rung with Merry Jax was Nevada Tahoe Tours, a 14-11 loser to Vern's Pro Shop, wasting Erik Quinn's 616.

Fred Allums shot 610 and Steve Waranietz added 593 as the Freezers downed Numero Uno, 19-6. Olympia Brewery won the other match from Timber, 18-7.



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